

Sudden Infant Death Syndrome, or SIDS, is one of the leading causes of death among infants and often a major worry for parents. Fortunately, the number of children dying from SIDS has declined over the last few years, according to the Centers for Disease Control and Prevention.

The American Academy of Pediatrics recommends that infants be placed on their back to sleep to decrease the risk of SIDS. However, this simple sleeping position message has not reached some minority populations. In a recent survey of 10 states, the CDC found that African Americans were up to 54% more likely to place infants to sleep on their stomachs. Among some American Indian tribes, mothers were up to 39% more likely to place infants to sleep on their stomachs.

This study clearly shows the need for additional education among parents and all people involved in the care of babies. These educational efforts are particularly important to minority parents as the CDC also reports that African American children are two to three times more likely to die from SIDS.